Border Edgle Laughlin Air Force Base, Texas ... Together we 'XL'



Vol. 48, No. 34 <u>www.laughlin.af.mil</u> Sept. 1, 2000

the inside **SCOOP**

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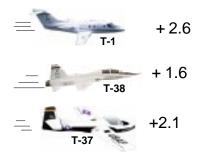
Base preference:

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Mission status

(As of Aug. 30)
Days ahead(+) or behind(-)



Fiscal Year 2000 statistics

- --Sorties flown: 62,967
- --Hours flown: 93,163.2
- --Pilot wings earned in FY 00: 298
- --Wings earned since 1963: 11,663

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IDEA program awards two base members cash for submission



Photo by Airman 1st Class Brad Pettit

Master Sgt. Jesse Ohlsson, 47th Communications Squadron, connects fiber optic cable. Fiber optic cables connect buildings together for the base network.

By Airman 1st Class Brad Pettit

n idea submitted by two 47th
Communications Squadron technicians prevented the loss of a vital clinic asset and saved the Air Force about \$33,000

Master Sgt. Jesse Ohlsson and Tech Sgt. William Richardson each earned \$2,600 for an IDEA to bring the 47th Medical Group network behind the base firewall using spare fiber optic cable. The firewall is a computer system that regulates Non-secure Internet Protocol Router Network traffic, a Department of Defense owned Internet Protocol network. The suggestion was accepted by the Innovative Development through Employee Awareness program, which rewards Air Force members for identifying ways to save the Air Force money.

The U.S. Air Force Headquarters directed its installations to separate all connections to the worldwide Internet from the NIPRNET.

See 'IDEA' page 6

Air Force uniform board results released

evelopment of an optional polyester uniform for people sensitive to wool and an athletic cut uniform for body builders were some of the uniform changes recommended by the 95th Air Force Uniform Board and approved by Air Force Chief of Staff, Gen. Michael E. Ryan, Aug 10.

Nineteen recommendations were approved, 47 were disapproved, 10 were referred for additional study, and eight were addressed, but require further staffing

Some changes require uniform design modification, or development and testing, and evaluation by senior leadership before they can be implemented.

The following recommendations were approved by the chief of staff. Implementation guidance is pending.

- Standardization of the allweather coat by removing the gun-flap on the current issued
- Requirement to wear all ribbons, including devices, when

wearing ribbons.

- Tabs will be added to the maternity jumper.
- Female officer mess dress shoulder boards will be resized.
- Gore-Tex parka will be available in military clothing sales stores as an optional item.
- Wear of flight gear authorized for Phoenix Raven personnel.
- Development of an optional 100 percent acrylic or an acrylic and wool blend pullover sweater.
- Development of badges proportioned between the miniature and regular sized

oadges.

- Development of an optional polyester uniform for people sensitive to wool.
- Development of an athletic cut uniform.
- Investigate a fire resistance uniform for fire fighters.
- Changing language in Air Force Instruction 39-2903 to read: Fingernail length must not interfere with duty performance or hinder proper fit of prescribed safety equipment or uniform items.

See 'Uniform' page 6

A Wing Picnic will be held today from 2 p.m. to 4:30 p.m. at the base picnic grounds to celebrate the completion of the Operational Readiness Inspection. All are welcome to attend.



ommanders orner

Reflect on lessons learned as ORI ends

Maj. Michelle Miller

47th Contracting Squadron commander

It's not exactly "off-the-press" news that Laughlin is at the tail end of an Operational Readiness Inspection. The entire base has pulled together to do an incredible amount of work. We've learned what we're good at and what we need to improve. Many of us have learned about breaking points and humor points. When the stress kicks in, do you reach for tobacco, coffee or doughnuts?

ORIs tend to bring out both the best and worst in all of us. Hopefully, the best has won out in most cases! With all that has been going on, you may easily ask yourself why we must have ORIs. Despite what you thought during the ORI, it's sole purpose is not to provide headquarters a chance to run us ragged and review our files.

We have ORIs to make sure we're ready to respond when our nation calls us. Even in a training command, many still have wartime missions. We are all air warriors and

have a commitment to the Air Force mission. Each person may join the Air Force for different reasons, but once you're part of the team, that changes.

So somewhere between the crisis action team, the unit control center, inspection validations, the mobility line and threatcon changes, I thought about why we do ORIs. And, if you've thought about this as well, the poem I dug out of my files is for you. We do this because we are airmen.

I Am an Airman

I am an airman, through and through. It's not a

rank or a grade – it's what I do. It's not just my job – it's who I am. I'm the aerospace arm for Uncle Sam. I am an airman.

They gave me a manual to use as a guide, Because Air Force life is an adventurous ride. All these deployments will make families sob. But I raised my right hand; this is more than a job. I am an airman.

> The Air Force may task me to budget or to buy.

I could be a maintainer, a cop, or possibly fly.

No matter the job, I am trained to fight.

I will ensure the supremacy of flight. I am an airman.

I know our strength comes through aerospace power.

Our space systems and aircraft make enemies cower.

The strategy to win wars is decided case-by-case,

But it can't be done without air and

space.

I am an airman.

Peacekeeper or defender, I accept the chore. When a conflict arises, I shall answer the call My country depends on me - I will give it my all. I am an airman

I am prepared to respond to all forms of strife. I guard my country and our way of life. I protect national interests as best I can, Any time, any place ... I am an airman.

respond when our

nation calls us. Even in a training command, many still have wartime missions. We are all air

"We have ORIs to make

sure we're ready to

warriors and have a commitment to the Air Force mission."

Integrity, excellence and service are my core.

Safety belts save lives – so buckle up!

Col. Winfield W. Scott III Commander 1st Lt. Angela O'Connell Public affairs officer

Airman 1st Class Brad Pettit **Fditor**

The Border Eagle is published every Friday, except the first week in January and the last week in December, by the Del Rio News Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 47th Flying Training Wing, Laughlin Air Force Base, Texas.

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"Excellence – not our goal, but our standard." 47 FTW motto

Armed Forces Voting Week begins Friday

In an effort to reach all absentee voters at Laughlin, the base will host an Armed Forces Voting Week Friday through Sept. 8.

This year, the goal is to give those active-duty and their dependants of voting age, the opportunity to vote. Absentee voters can register and/or request an absentee ballot by contracting unit voting representatives from your section.

During the week, different events sponsored by the unit voting representatives are planned to maximize voter participation at Laughlin. For those military dependents of voting age, there will be a registration table at the following locations during lunch-

Sept. 5 – 11 a.m. – Club XL registration Sept. 6 - 11 a.m. - Bowling Cantina registra-

Sept. 7 – 11 a.m. – Chow Hall registration Sept. 8 – 11 a.m. – AAFES registration

Below are each unit's voting representatives:

Representative 47 FTW/PA/JA/CP/XP Master Sgt. James Moon, 4631 47 FTW/CPTF/HC/ME/MO Jim Jacobs, 5141 47 FTW/SE Staff Sgt. Ignacio Castro-Luna, 5642 47 OG/OGV/OGQ Capt. Melissa Cunningham, 5293 47 OSS Airman Basic Jonathan Faust, 5136 84 FTS 1st Lt. Kevin Fisher, 4777 85 FTS 1st Lt. Jeff Mustin, 5243 86 FTS Capt. Jeff Smith, 5850 Capt. Jason Shroyer, 4379 87 FTS 47 SPTG/LGT/LGS Airman Teresa Ortman, 5277 47 CES Staff Sgt. Leonard Sobieski, 5670 47 CS Tech, Sgt. Jeff Dumont, 4366/4282 47 MSS Airman Teresa Ortman, 5277 47 FTW/SE Staff Sgt. Ignacio Castro-Luna, 5642 47 CONS Staff Sgt. Irma Ferro, 5459 / 5886 47 SFS Staff Sgt. Lavalle Jenkins, 5249 47 SPTG/SV Airman Teresa Ortman, 5277 47 MDG Capt. Eric Peipelman, 6322 47 AMDS Capt. Eric Peipelman, 6322 47 MDOS Capt. Eric Peipelman, 6322 Staff Sgt. Steve Fleming, 6322 47 MDSS

For more information, contact Capt. Eric Peipelman, installation voting officer, at 6316 or call the installation voting hotline at 298-5873.

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Deadlines, Advertising

News for the Border Eagle should be submitted to the 47th Flying Training Wing Public Affairs Office, Bldg. 338, Laughlin AFB, TX, Ext. 5262. Copy deadline is close of business each Thursday the week prior to publication. Advertising should be submitted to the Del Rio News-Herald, 2205 Bedell, Del Rio, TX, 774-4611. Advertising should be submitted by 4 p.m. each Friday.

Submissions can be E-mailed bradley.pettit@laughlin.af.mil reginal.woodruff@laughlin.af.mil

AFPC Changes Base of Preference Program

In response to Air Force leadership's guidance to improve retention and maintain stability in the Air Force, Air Force Personnel Center officials have changed the Base of Preference Program for first term and career airmen.

Officials have recently expanded the eligibility criteria for the First-Term Airman Base of Preference Program and implementing the Career Base of Preference

Program, formerly known as the Volunteer Enlisted CONUS Assignment Program.

According to Gen. Michael E. Ryan, Air Force Chief of Staff, "this initiative speaks volumes for Air Force leadership's commitment to improve retention for our enlisted force. We're extremely hopeful we can get more of our people assign-

ments to locations of their choosing and these folks will respond by staying with us."

The current First-Term Airman BOP program is very small and applies only to those desiring to remain in place or retrain. "We are expanding the program dramatically to allow almost every first-termer reenlisting the opportunity to participate," said Lt. Col. Michael Gamble, Chief, Assignment Programs and Procedures Division. "If you're at Seymour Johnson AFB, wanting to get to Holloman AFB, and you're willing to re-enlist, then you make an application. If manning supports, we'll work it." How-

ever, Gamble cautions, there are no guarantees. "With first-term BOPs, we are looking at gaining manning; 'Is there a requirement I can put you in?' If not, we'll work alternatives with you."

The other program receiving a facelift is the VECAP, now renamed the Career BOP. Currently, members must have 5.5 years to apply and move at the six-year point. "We want to liberalize this require-

"If you're at Seymour-

Johnson AFB, wanting to

get to Holloman AFB,

and your willing to re-

enlist, then you make an

application. If manning

supports, we'll work it."

Procedures Division

-Lt. Col. Michael Gamble

Chief, Assignment Programs and

ment so that members can apply at the 3.5year point and move at four years, if approved."

Officials at the Center say they look at losing and gaining base manning, as well as overseas vulnerability, when making assignments for career airmen. "If you're a seven-level in a key mid-management posi-

tion at Tinker and you want to go to Hurlburt Field, but moving you there will cause mission problems for Tinker, then your request will be denied," added Gamble.

All BOP applicants may request a maximum of eight bases. Those requesting more than one will be considered in priority order. "If we can work your first choice, it's game over. If not, we'll take a look at your second choice and try to make that happen." If none of the preferences can be worked, the airman may immediately apply for other bases, as long as they remain eligible. Additionally, they can re-

apply for the same bases six months later to see if manning has changed at that base. The exception will be for first-term airmen.

Since their BOP application is submitted in conjunction with re-enlistment and retraining, they will be unable to submit multiple applications. But the good news is they will be offered alternatives immediately if their choices can't be approved.

A new web-based BOP application is also available for individuals with access to the World Wide Web. Members desiring a CONUS to CONUS PCS BOP (other than in-place) can now apply through the AFPC home page at www.afpc.randolph.af.mil. (Choose enlisted, military assignments, AMS web login).

This application is similar to the current process for updating an assignment preference worksheet (AF Form 392).

amble cautions people to use their "BOP chit" carefully because back-to-back BOPs will not be authorized. "If your goal in life is to get to Moody, but you list other locations on your application, manning at Moody could drive us to approve your second or subsequent choices" said Gamble.

"Should that occur, you will not be eligible to apply for a BOP to Moody as your next assignment."

The enlisted assignments program will still be requirements driven. But according to Lt. Gen. Donald L. Peterson, Air Force Director of Personnel, "we strongly believe BOP will allow us to better balance individual desires with mission requirements."

(Courtesy Air Force Personnel Center)

Base Safety Office ecourages careful play on Labor Day By Sharon Reeves

abor Day holiday means different things to different people. For some, it is a day to celebrate the working men and women. To others, it is another day off from work.

Some people recognize the day as the last holiday of the summer. As the holiday represents many things to people, it also finds people involved in many different activities.

For those people who are adventurous enough to brave the rush to get out of town, the following tips can help make their trip more enjoyable and safe:

Plan your trip in advance. Look at the roads you will travel, and consider the extra traffic you will encounter. Check out alternate routes in case the roads you plan to travel become impassable or require detours.

Make sure that your car is in good condition. Check the lights, turn signals, brakes and tire pressure. Take along emergency equipment, such as a good flashlight and warning devices to alert other motorists if your car breaks down on the trip.

Start early. If you are rushed, you will increase your chance of being involved in an automobile

See 'Safety' page 8



Don't forget to recycle this newspaper



Actionline Call 298-5351

This column is one way to work through problems that haven't been solved through normal channels. By leaving your name and phone number, you are assured of a timely personal reply. It's also very useful in case more information is needed in order to pursue your inquiry. If you give your name, we will make every attempt to ensure confidentiality when appropriate.

If your question relates to the general interest of the people of Laughlin, the question and answer may also be printed in the *Border Eagle*. Before you call the Actionline, please try to work the problem out through the normal chain of command or directly with the base agency involved.

Thanks for your cooperation and I look forward to reading some quality ideas and suggestions.



ພນຸ ພ. ໓໕ຠຉຘ Col. Winfield W. Scott III

47th Flying Training Wing commander

Base entry...

Call: I have a question about the procedures for signing a guest onto base. Several times I've called to sign a guest on, only to have her hassled by security forces. The person at the desk took my information, but when my guest arrived at the main gate and presented her license and registration, she was stopped by security forces and made to fill out paper work. My guest is a civic leader from Brackettville and this has happened several times. A sergeant at security forces said something about training airmen on new procedures and that the person who takes information for guest sign-ins doesn't always write the information down. Can someone please let me know the procedures? My guest and I are frustrated.

Response: We at the 47th Security Forces Squadron are sorry for any inconvenience. Thanks for the opportunity to address this issue.

Here are the sponsorship procedures onto Laughlin:

- The sponsor (18 years or older) provides the desk sergeant the following information for annotation on the Sponsored Visitor Access Log. This is accomplished each time the visitor reenters: Sponsor's name, address, phone number and the visitor's name. While the desk sergeant has the sponsor on the phone, he/she will verify the call by using the alpha roster to check the sponsor's social security number. If the sponsor is a family member he/she will use the military member's/civilian employee's SSAN.
- The Installation Entry Controller calls the Law Enforcement Desk when a visitor arrives, to verify sponsorship. The Entry Controller records the visitor's name and vehicle information (make, type, year, and license plate number) on the vehicle access log. In addition, proof of insurance is needed. The visitor then initials the log to authorize the vehicle to be searched while on the base.
- If the visitor has not been sponsored, the visitor will have to wait at the gate until the sponsor can be contacted.
- Between Midnight -6 a.m. all visitors are required to be escorted onto the installation by the sponsor.

Border Eagle

Air Force unveils revitalized mentor program

The Air Force recently announced its expanded senior leadership-driven mentoring program that applies to every officer, enlisted, civilian, guard or reservist in today's Total Force.

Air Force Instruction 36-3401, Air Force Mentoring, was originally geared toward captains and lieutenants only. The new version includes all Air Force members and broadens the relationship between Air Force members and their immediate leadership, according to Air Force officials.

The program's goal is development of all Air Force

people: to help every member reach his or her full potential, they said. The new program sets the stage for real cultural change and is geared toward developing a network of support where mentoring is everyone's responsibility, not just those in supervisory positions.

"Mentoring is essential for everyone," said Col. Pat Keating, chief of

the Education Division in Personnel Force Development. "It's easy to mentor someone who thinks, acts or looks like us. We need to work the hard part, mentoring people who aren't like us."

"Successful mentoring means we focus across race, gender, career fields and leadership styles," Keating said, adding that although this may not be initially comfortable, the rewards of actively including everyone in the life of a unit are countless, and will result in the fully realized potential of every person and improved mission performance.

"As role models, mentors embody core values and demonstrate an inclusive attitude toward everyone they contact," he said. "The timing of the new mentoring program coincides with the greatest work force diversity ever experienced in our Air Force. It also comes at a time when the Air Force is pursuing many other initiatives that focus on force renewal and development."

"Mentoring can be the pivotal link between those initiatives, making the connection between the member's individual goals and aspirations and the Air Force's mission

and goals," the colonel said.

Mentoring seeks to fully develop members who are competent, understand their place in the mission and are motivated to find solutions to problems, he said. The very first step is personal and professional development. According to the AFI, "mentoring is an essential ingredient in developing well-rounded professionals and

competent future leaders." It's done one-on-one, formally and informally, and in meetings like commander's calls.

New tools will make the mentoring session more efficient and effective by providing focused guidance through an interactive Web site. Knowing how little time supervisors have and how important mentoring is, the air staff realized the new program could draw on state-of-the-art technology using the Air Force Personnel Center data base as the foundation for a mentoring Web site, according to

Mentors can access information through a Web-based product, called SURF Plus. SURF Plus will contain more information than the current personnel SURF, or Single Uniform Retrieval Format, and will help chart individual career paths, he said. "Mentor and mentoree can sit sideby-side and discuss Professional Military Education timing, pay and benefit projections, education opportunities, and many other professional and personal development

Once the formal mentoring session ends, individuals can take their SURF Plus data with them, the colonel said. The Web site is currently under development and the initial basic version will be online by November.

While tools are an important aspect of the program, it is more than that; it is an opportunity to support Air Force people and to bring together Air Force values and culture through communication and teamwork, Keating noted. "Mentoring isn't sponsorship or favoritism; it's leadership by example, education and guidance. Air Force mentors must reach out to all members to find a myriad of perspectives that bring all possible solutions to bear on problems."

"We owe the people we mentor an objective, patient ear, as well as consistent reinforcement of Air Force standards," he said. "Through mentoring junior members, leaders create their greatest legacies. The AF mentoring program provides an avenue by which we can look back with great pride and forward with great anticipation to the investment we make in the Air Force's most prized asset: its people."

Air Force surgery team brings smiles to Hondurans

By Dewey Mitchell

Wilford Hall Medical Center Public Affairs

hey call her "Gabby" now, but only after U.S. Air Force surgeons fixed her smile.

Until she was a teenager, her parents had kept her inside the house except for trips to outdoor plumbing for fear that others would taunt her appearance, since cording to Col. (Dr.) Chuck Hardin, who performed the surgery, now she talks so much in the marketplace of Comayagua, Honduras, people have nicknamed her "Gabby."

The program's goal is

development of all Air

Force people, to help

everyone reach his or

her full potential.

Hardin is the senior member of a nine-member team that has been performing life-changing surgeries for the last two weeks for indigent Honduran families. The

she was born with a cleft lip. Acplastic surgery team is operating out of the Santa Teresa public health hospital in Comayagua.

> About half of the six million people of Honduras live below the poverty line, with an average annual income about \$2,400. Its economy had been improving steadily until it was hit hard two years ago by Hurricane Mitch.

> The team brought a half ton of medical supplies from its home base, Lackland Air Force Base's Wilford Hall Medical Center in San Antonio. The mission was directed by U.S. Southern Command. The command had received the request for aid from the U.S. Embassy in Honduras. The 9-member team was made up of staff from Wilford Hall, Brooke Army Medical Center in San Antonio and Sheppard Air Force Base Hospital in Wichita Falls, Texas.

> Staying in rooms at nearby Soto Cano Air Base, the team was supported by the Southern Command element at the base. Help included translators and physicians from the base who had advertised that the team was coming and screened potential patients. Only



The mother of Milagro Flores joins her in the recovery room after surgery to repair her cleft lip.

those deemed indigent would be seen by the highly specialized medical team.

Unlike many charitable medical teams, Army and Air Force teams have been coming here for 17 years, maintain records on their patients and perform follow-up surgeries when needed.

Six of the nine medical staff had never deployed on a humanitarian mission, but all quickly took on the challenge of setting up an efficient operating room and recovery room under austere conditions at the hospital, which is not air conditioned. Meanwhile, surgeons and anesthesiologists screened over 80 patients and selected 30 for surgery.

Juana Aguilar took the fourhour bus trip with her son and grandson from the mountain village of La Paz to Comayagua to make a better life for them. She

See 'Surgery' page 8

Military pay raise approved

President Clinton approved a 3.7 percent pay raise for military members when he signed the fiscal 2001 Department of Defense Appropriations Act recently.

In addition to the pay raise, the \$288 billion bill increases DoD spending from last year by nearly \$20 billion to provide funding for pay, quality of life programs, readiness and weapons modern-

For the Defense Health Program, the bill also provides full funding for a new pharmacy benefit for military retirees over the

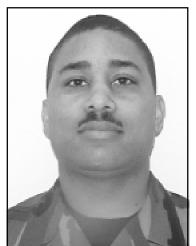
age of 65 to ensure comprehensive prescription drug coverage. It establishes the TRICARE Senior Pharmacy Program, which guarantees Medicare-eligible retirees and their families access to the DoD's pharmaceutical mail order program and the option to fill prescriptions through regular retail pharmacies.

Additionally, the bill funds training, spare parts, equipment maintenance, base operations and modernization programs such as the F-22 Raptor.

(Courtesy AETCNS)

Question of the week

What are your Labor Day Weekend plans?



"Spend some much needed quiet time with my family, now that the Operational Readiness Inspection is over."

Tech. Sgt. **Jonathan Wallace** 47th Security Forces Squadron



"My family and I were going to go to the casinos in Lake Charles, La., but two of my tires blew out. If my new tires don't arrive before Thursday, I'm going to loaf around the house, spend time with my family and mow my yard."

Arturo Reyes Base Post Office



"Spend time with my family and cook a special dinner of leg of lamb with sweet potatoes and brown rice."

Peter Rodriguez XL Fitness Center volunteer



"Do some yard work, go to church, have a cook out and watch the football games on television."

Tech. Sgt. Jesse Gillans Base Dental Clinic

check this out! WONLINE news



For Air Force news, turn these pages every Friday. For more news, go to the web every Wednesday. http://www.af.mil/newspaper

'IDEA' from page 1

The separation protects base information and computer systems from outside sources. However, the task proved to be somewhat tricky for communication squadron technicians because adhering to the directive meant terminating the medical group's existing connection to the base local area network, which would keep its members from linking to important assets like the base email system.

"We were compliant throughout the base with the exception of a connection held at the Medical Group," explained Ohlsson. "The medical group was connected to the Internet through a high-speed connection at Foundation Health, which existed outside of the base firewall. This posed a serious problem because it (Foundation Health) was connected to both an outside network and the base network. This made it possible for someone to hack his way into the Foundation Health network and pave the way to get into the base

network."

"The medical group needed this connection badly, which left us with two options," Ohlsson continued. "We could either disconnect the medical group from their services to the Laughlin network and allow its connection to Foundation Health to remain, or we could find a way to route Foundation Health's traffic through our base firewall. The choice was obvious."

The 47 CS used existing fiber optic cable that was checked and found to be operational instead of standing up a separate firewall in the medical group to handle its outside connections.

"This firewall would have cost the Air Force around \$50,000," said Ohlsson. "However, by using the existing cable we implemented a no cost solution. The cable we used cost absolutely nothing since we used existing equipment and infrastructure, explained Ohlsson. "I am glad we were able to meet all the mission requirements using what we had at hand."



From the Blotter

(From Aug. 22-28)



- Security forces personnel responded to a report of a disturbance at the Base Fire Department. Contact was made with a family member and was turned over to the 47th Support Group first sergeant.
- The security forces law enforcement desk received a call from an individual who backed into a vehicle in the enlisted dorm parking lot. The damage to the parked vehicle consisted of a dent on the passenger side of the trunk, broken taillight and a one and a half foot dent below the taillight.
- The law enforcement desk received a call from a patrol stating he had found an unsecured facility. A joint search was conducted with the custodian of the facility and secured.
- Security forces conducting a routine traffic stop discovered an individual driving on a suspended license. The Del Rio Police Department was contacted and the individual was apprehended for an outstanding warrant.
- Two individuals were backing out of parking

spaces simultaneously at the Command Post parking lot and they collided with each other. Damage consisted of a dent to the right rear quarter panel above the right rear tire. Damage was estimated at \$1,200.

■ An individual reported to the law enforcement desk that while backing out of a parking space at the Fiesta Center she was hit on the right backside of her vehicle. Damage was estimated at \$500 to \$600.

Tip of the week:

Security forces would like to thank the community for the prompt notifications during the Operation Readiness Inspection. We would like to remind you that just because the ORI is over, does not mean all security postures we employed so well should be discontinued. Your vigilance and cooperation are fundamental parts of the Resource and Force Protection Program. Stay alert and notify security forces immediately upon noticing anything suspicious.



- Attache cases, gym bags, backpacks and purses may be carried in either hand as long as they don't interfere with rendering proper military courtesies.
- When current supplies run out, the women's handbag will no longer be issued in basic training.
- Plain dark blue or black ropes, silver or plastic small-link chain and clear plastic chain attachments may be worn for access badges.
- Center excellence-in-competition badges on the welt pocket of the service dress jacket.
- Pharmacy technician certification badges may be worn on the white utility uniform one-half inch above the nametag.
- Camel pack water containers

may be worn as part of the standard hot weather uniform.

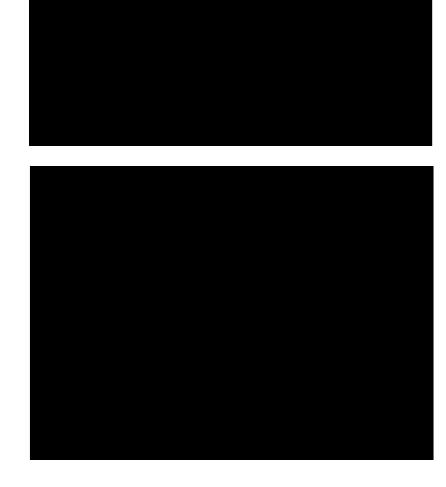
■ Improve alignment of

- women's tie tab with collar.

 Items referred for study are:
- ☐ Use of the same non-roll elastic in the maternity blue pants that is used in the maternity BDU pants.
- ☐ Resizing women's tall-sized uniforms.
- ☐ Resizing tall-sized mess dress uniforms.
- ☐ Develop brown or black thermal underwear to be worn with BDUs.
- ☐ Upgrade Air Force BDU cap. ☐ Increasing the circumference of maternity BDU sleeve by 2 inches.
- ☐ Redesign the maternity BDU slacks by either adding an adjustable drawstring or adjust-

- able shoulder straps.
- ☐ Review optional purses, available through the Army and Air Force Exchange, which meet Air Force requirements.
- ☐ Review Space/Missile badge. ☐ Review sleeveless BDU shirt and shorts.
- The following were addressed by the uniform board, but require further staffing:
- Standardize food service uniforms Air Force-wide.
- Removal of the cloth tape bearing the words special agent for Air Force Office of Special Investigations members and add a subdued U.S. collar insignia
- Redesign of the combat weather team beret device.
- Allowing inconspicuous/ conservative brand names on the temple piece or arm of eyeglasses and sunglasses.
- Wear of enlisted rank on BDU headgear.
- Allowing for the permanent wear of U.S. Army Ranger tab or patch.
- Allowing wear of the U.S. Army Air Assault functional badge.
- Making wear of the occupational badge mandatory on the service dress.

(Courtesy AFNEWS)



The XLer

Hometown: Del Rio, Texas. Family: Husband, Marcelo Barrientos; daughters, Monica Medina and Melissa Villarreal. Time at Laughlin: 6 years. Name one way to improve life at Laughlin: Have more

Greatest accomplishment: Having two beautiful daugh-

Bad habit: Drinking too much Coke.

places to go eat.

Motto: Family comes first. Favorite beverage: Coke. who would it be and why?

If you could spend one hour with an historical figure, Our Lord Jesus Christ, because no one can accomplish what he does.



Bertha Barrientos

Eagle Aviation and Services Technology, Inc.

Where are they now?

Name: Capt. David Almand. Class/Date of graduation from Laughlin: September 1991, Class 91-15.

Aircraft you now fly and base you are stationed at: C-17, Altus

AFB, Okla. Mission of your aircraft? C-17 school house. What do you like most about your current

aircraft? Instructing students and the plane does not deploy.

What do you dislike most about your current aircraft? Short notice temporary duty assignments.

What was the most important thing you learned at Laughlin besides learning to fly? Don't speed in Brackettville.

What is your most memorable experi-

> ence from Laughlin? T-38 solo flights and Mexico. What advice would vou give SUPT students at

Laughlin? (Air Force photo of a C-17)

Learn about all aspects of the aircraft you want to fly like where it deploys, how long will school be, where are they stationed and will this plane be around in ten years.

Chapel Schedule

-Daily Mass Monday/ Thursday, 12:05 p.m. Tuesday/Wednesday, 6:30 a.m.

-Saturday Vigil Mass 5 p.m.

-**Sunday Mass** 9:30 a.m.

-**Confession** 4:15 - 4:45 p.m.

Saturday, or by appointment. -Choir 6 p.m. Thursdays.

-Sunday school 11 a.m., religious

education building. **Protestant** General worship 11 a.m.

Chapel Youth Group

-Thursday, 7 p.m. Chapel Fellowship Hall.

Religious education

-Little Rock Scripture Study in Chapel Fellowship Hall, Sunday, 11 a.m.

Jewish

Max Stool 219 West Strickland St. Del Rio, Texas Phone: 775-4519

For more information on chapel events and services, call 5111



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United States Air Force



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every Wednesday



'Surgery' from page 3 had heard on the radio that the U.S. Air Force medical team would be working out of the Santa Teresa hospital.

Her 2-year-old grandson, Francisco Galo, was born with a cleft lip, and her 11-year-old son, Manuel, needed surgery to close a hole in his palate. She said she had a great deal of confidence in the team, since Manuel had undergone cleft lip and palate surgeries from previous teams starting at the age of eight. Without the medical teams, the family would not have been able to get the muchneeded surgeries.

"I don't want our kids to grow up like this, and I'm very thankful for the teams who come over here," Mrs. Aguilar said. "With the cleft lip, it's very hard to eat or drink or keep anything in your mouth. Also, when you get a cold, it's hard to get over it."

She explained that they grow their own corn on their land, and their only income is made by mowing the grass for other farmers nearby. One of the liaison physicians, Dr. Guillermo Saenz, estimated cleft lip surgery would cost about \$2,000 for Hondurans, but team chief Lt. Col. (Dr.) Greg Chandler said the team's cost per case is only \$500. Funding for the mission comes from the U.S. State Department in the form of U.S. Aid.

Other types of surgeries performed by the team included severe burn injuries and other congenital deformities. Two young boys had severe chest and neck burns, that restricted movement of their necks. Successful surgeries gave them much more mobility.

A 3-year-old boy, Carlos Motino, had been badly burned as an infant when netting to keep flies out of his crib caught on fire and fell on him. One arm was severely burned and the burn area limited the movement of his arm.

The team's surgery "is the best thing that could happen in my life," said his mother, Maria. "He needs the movement of his arm."

Chandler, also a plastic surgeon, said many of the medical staff who deploy also find the humanitarian missions "life-changing" events for themselves as well as their patients. He said most have never before seen first-hand the magnitude of poverty the teams encounter in some of the Central and South American nations.

"They come back with a greater appreciation for the quality of life that most Americans take for granted," he said.

After her first day of surgery, Maj. (Dr.) Lisa Desvigne said, "You really feel good about it because you know if it weren't for us, these people would never get the surgeries they so badly need."

The Air Force also benefits

from these deployments. One major benefit is the training for plastic surgery residents like Desvigne, who can take part in a large number of surgeries over a relatively short period of time. Also in training on this mission are a resident anesthesiologist, Army Maj. (Dr.) Mike Gehrke, and scrub tech Senior Airman Linka Bucknor-Smartt.

Readiness training is another important benefit, as the plastic surgery team deployed as a unit with everything it needed in supplies, then set up and began operations in an austere, foreign environment. Team members had to get all their shots up to date, and were prescribed pills to prevent them from contracting malaria during their two-week stay.

In Honduras, the team had to improvise and deal with harsh conditions, including the tropical heat, unexpected power outages, bottled water and unsanitary conditions.

"One of the best benefits to the U.S. and the military has to be the goodwill we create with the surgeries through several generations within the families of the patients," Hardin said. "It's a quality of life issue – when we repair a person's deformity, it's not just what it does for them, but also impacts how others will treat them."

(Courtesy AFNEWS)

Don't forget to recycle this newspaper.



a speeding ticket.

If you are planning instead to have a day at home with family and friends, you still must include safety in your activities. If you are having a backyard barbecue, check the condition of your utensils and barbecue grill. If using a propane fired grill, follow manufacturer's instructions for checking for leaks before lighting the fuel, and follow recommended operating procedures.

A picnic is great, but protect your food from spoilage. Keep foods refrigerated or in an ice chest which will stay cold. Put food away after the meal. If your guests must drive home, be sure that there is a designated driver, if alcoholic beverages have been served.

Boating is a popular activity for many people. But before venturing out on the water, know the state laws which govern what types of boats are permitted on different waterways. There must be a life jacket on each person on the boat, and the boat should never carry more people than what its designated capacity states. Remember it's illegal to operate a boat under the influence of alcohol or drugs.

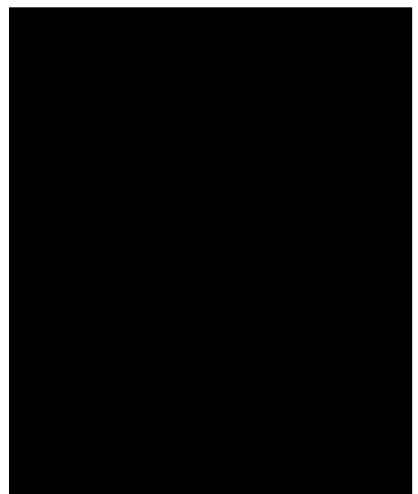
For some people, the three-day weekend is time to get projects done around the house. If you plan to do maintenance or painting, be sure that you have the proper size ladder in good condition, with all safety features intact.

If using chemicals be sure to use a well-fitting respirator with the correct type of cartridge. Keep the house well ventilated if painting indoors.

Just remember to keep safety in mind, and you will get the most from your Labor Day holiday

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Sports

Border Eagle
Sept. 1, 2000

Weight, body fat management is long-term commitment

By Tech. Sgt. Roger Drinnon

81st Training Wing Public Affairs

eight and body fat management requires a long-term commitment. For Air Force people, it's as much a matter of maintaining standards as maintaining a health lifestyle.

"Lifestyle modifications are the key to long-term weight and body fat management," said Tech. Sgt. Troy Kettell, diet therapy specialist and non-commissioned officer-in-charge of healthy promotions for the Keesler AFB, Miss. Health and Wellness Center.

Kettell said long-term weight loss and body fat management are achieved through behavior modification, knowledge of nutrition and regular exercise. He said behavior modification involves making healthy dieting a habit.

"Controlling food portion sizes is the most important part of behavior modification," said Kettell. "Visual guidelines someone can use to estimate the correct portion size would include a meat portion no larger than the palm of your hand, a serving of starches like potatoes, pasta, or stuffing no larger than your fist," said Maj. Deborah Downes, registered dietitian and flight commander of nutritional medicine at Keesler Medical Center.

"A teaspoon of fats like butter, margarine and mayonnaise would be the size of the tip of your thumb, said Kettell. "Read food labels and understand what a serving size is, and try to limit your intake to the recommended servings."

Kettell said even though limiting food portions is important, people should eat three meals a day.

"You should eat at least three meals a day to boost your metabolism. Starvation reduces your metabolism so your body hoards calories instead of burning them."

Regular exercise is the final lifestyle change needed for long-term weight and body fat management.

"Exercise should become a habit," Kettell said.

"The more you exercise, the more you can eat."

He recommends an all-around program of aerobics, strength training and flexibility exercises. "You need all three - strength training is good. It burns fat, but some bodybuilders get out of breath going up a flight of stairs."

He said trendy diets also have potential adverse effects. "Diets like the high-protein, low-carb diet cause a loss of muscle mass and dehydration. Your body operates off of carbohydrates, so a low-carb diet causes your body to use lean muscle mass for energy."

Kettell encourages Air Force members to take advantage of base Health and Wellness Center services to help with weight and body fat management.

"There are weight management classes for military and civilians. There are also unofficial body fat measurements available."

Kettell said weight and body fat standards for Air Force personnel are defined in Air Force Instruction 40-502, The Weight and Body Fat Management Program.

He recommends a proactive approach to staying within Air Force weight standards, since the HAWC is the place Air Force members go to have body fat measured during mandatory annual weighins. Those found to be out of standards are placed on a mandatory weight management program with potential negative impacts on everything from assignments to promotions.

"We'd rather catch someone (unofficially) 5 to 10 pounds overweight instead of waiting until the annual weigh-in and finding they're way out of standards. Our motto is, 'Prevention is better than intervention."

(Courtesy AFNEWS)

Border Eagle begins 'Bragging Rights' contest

ttention football fans: the Border Eagle staff has officially caught NFL fever – again! Due to last year's interest from base football fans, we've decided to reinstate the "Bragging Rights Football Contest" – pitting us against each other and football gurus around the base.

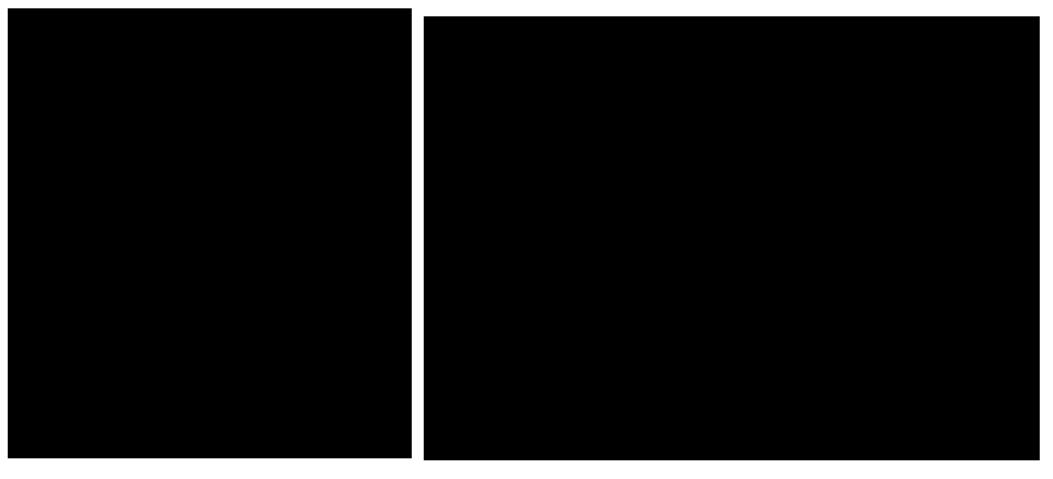
Throughout the regular season, players will predict the winners of the upcoming week's games. Each correct pick will earn that player a point. Points are accumulated throughout the regular season. Results from each week will be posted in the sports section of the Border Eagle.

At the end of the regular season, the top six players will compete in the playoffs. Players will select the winners from each round, all the way to the Super Bowl. Points from the regular season will not carry over to the playoffs. Points for correct selections in the playoffs will be as follows:

First round-1 point
Division-5 points
Conference championship-10 points
Super Bowl winner-20 points

The player with the most points at the end of the playoff is the contest winner.

To be a player, call Airman 1st Class Brad Pettit at 5393 or Staff Sgt. Reginal Woodruff at 5262. The deadline for entrants is 4:30 p.m. Tuesday. After that point, no other players will be added.



Laughlin history

Q: In September 1961, the Air Training Command activated the 3645th Pilot Training Wing at Laughlin and phased one-half of the Undergraduate Pilot Training mission at Laredo AFB, Texas, to Laughlin. Why did Laughlin receive half of Laredo's training load?

(a) With SAC's imminent departure, the Air Force had to find a use for Laughlin.

- (b) A strike by support personnel hampered Laredo's ability to meet its mission.
- (c) Laredo AFB had substandard facilities.

The correct answer is ... (C). Laredo's infrastructure and runways were poor, and the Air Force had limited funds for construction and repairs. At the same time, the Department of Defense announced that Laughlin was scheduled for closure, and SAC planned to move the 4080th Strategic Wing to Davis-Monthan. Because ATC needed another pilot school to take over some of Laredo's training load, Laughlin escaped the ax. However, the U-2 wing did not move to Davis-Monthan until mid-1963, hampering Laughlin's ability to start full-up UPT

Tobacco cessation course

The next tobacco cessation course starts Tuesdays. Classes will be held on Tuesdays at 10 a.m. or 4:30 p.m. in the Health and Wellness Center Conference Room.

For more information, call Tech. Sgt. Ray Fernandez at 6463 or 6464.

Education office services

The following tests are offered at the Base Education Office:

- CLEP English Composition with Essay test on Oct. 10. The deadline to sign up is Monday. The test is free for active-duty military personnel and \$44 for civilians.
- Automotive Service Excellence Certification Exams Nov. 9, 14 and 16. The cost of each ASE exam is \$21 in addition to the \$26 registration fee. The deadline to sign up is Wednesday.
- Praxis tests (all tests) Nov. 20. The deadline to sign up is Oct. 2.

For more information on these tests, please call the Base Education Office at 5525.

Travel vouchers

As part of the 47th Comptroller Flight year-end closeout procedures, all travel vouchers must be submitted within two days after completion of a temporary duty assignment.

Vicinity travel vouchers must be filed on a weekly basis. The normal five-day rule will be in effect again after Sept. 30.

For more information, contact customer service at 5215.

Aerobics survey

The XL Fitness Center, along with Body Shapers, is conducting an aerobics survey. Survey forms are located at the fitness center. This is your chance to voice your opinion about classes, days and times. The survey ends Sept. 8.

For more information, call 298-0321.

Annual leave donations

The Civilian Personnel Flight is requesting Annual Leave Donations for the following employees. They are



Under pressure!

Photo by Airman 1st Class Brad Petti

Senior Airman Jennifer Nalls, fitness specialist of the XL Fitness Center, checks the blood pressure and heart rate of Maj. Matthew Ralph, Randolph AFB, Texas Tuesday. The Vita-Stat machine is availble at the fitness center for members to manually and accurately check their heart rates and blood pressure prior to and after exercising.

all experiencing their own medical hardships.

Ronald Brunson, 47th Support Group Okie Johnson, 47th Flying Training Wing Sonja Riordan, 47th Operations Group Armando Trevino, 47th Operations Group

If you would like to donate annual leave to assist these individuals with their emergencies, please contact Patty Fleming at 5127.

News media interviews

Attention Air Force servicemembers and civilian employees! You are encouraged to permit interviews by news media, accept speaking engagements, publish professional writings and take part in community activities.

But, remember to keep the Public Affairs Office informed. The PA division is the release authority for any verbal, written or visual material you wish to release to the public.

For further guidance or questions, stop by Bld. 338, suite 3, or call 5988.

VA Health Fair and Enrollment

The South Texas Veterans Health Care System will conduct a health fair in Del Rio, Texas Sept. 8 from 2:30 p.m. to 6:30 p.m. and agin Sept. 9 from 9 a.m. to 1 p.m.

The health fair will be held at the Veterans Service Office, 207 Losoya, Del Rio.

Basic medical screening and information for veterans who may not have used the VA medical care system in the past.

All veterans are encouraged to attend and enroll at

the health fair.

For more information, call Nic Villanueva at 792-2441 during the day and (830) 896-7114 at night.

Base hunting

Hunting season on base begins Saturday. All personnel are encouraged to be cautious of base hunting areas. All areas are clearly marked with signs. Do not enter these areas for the purpose of jogging, biking, or horse back riding.

The area for extracurricular activities during hunting season is all of the wooded area from the main gate by the horse stables westward to the west gate (this would be all the area behind the enlisted housing and trailer parks).

For those interested in hunting on base, there will be a meeting today at 7:30 p.m. at Cafe Bueno.

All personnel wanting to hunt on base must attend this meeting to obtain a base hunting permit.

Hunting on base is authorized for active-duty and retired military personnel, DoD civilian employees, their dependents and other federal employees residing in the area.

For more information, call 298-8855.

Autumn Arts and Crafts

The Laughlin Officers' Spouses' Club will host an Autumn Arts and Crafts Bazaar from 3 to 8 p.m. Sept. 29 at the Fiesta Center.

For more information, or to reserve a booth, call Jane Juselis at 298-0024.